

SFSP Meal Patterns

Food Components	Breakfast	Lunch or Supper	Snack¹
<u>Milk</u> Milk, fluid	1 cup (fl. oz.) ²	1 cup (fl. oz.) ³	1 cup (fl. oz.) ²
<u>Vegetable(s) and/or Fruits</u> Vegetable(s) and/or fruits(s) OR Full-strength veg/ fruit juice OR An equivalent quantity of any combination fruit(s), vegetable(s), and juice	 ½ cup ½ cup (4 fl. oz.)	 ¾ cup total ⁴ ¾ cup total ⁴	 ¾ cup ¾ cup (6 fl. oz.)
<u>Grains/Breads⁵</u> Bread OR Cornbread, biscuits, rolls muffins, etc, OR Cold dry cereal OR Cooked pasta or noodle product OR Cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads.	 1 slice (.9 oz) 1 serving ¾ cup or 1 oz. ⁶ ½ cup ½ cup	 1 slice (.9 oz) 1 serving ¾ cup or 1 oz. ⁶ ½ cup ½ cup	 1 slice (.9 oz) 1 serving ¾ cup or 1 oz. ⁶ ½ cup ½ cup
<u>Meat/Meat Alternates⁷</u> Lean meat or poultry or fish OR Cheese OR Eggs OR Cooked dry beans or peas OR Alternate Protein Product ⁷ OR Peanut butter or soynut butter or other nut or seed butters OR Peanuts or soynuts or tree nuts or seeds OR Yogurt, plain or sweetened and flavored OR An equivalent quantity of any combination of the above meat/meat alternates.	(Optional) 1 oz. 1 oz. 1/2 large egg ¼ cup 1 oz. 2 Tbsp. 1 oz. ½ cup or 4 fl oz. 1 oz. total	 2 oz. 2 oz. 1 large egg ½ cup 2 oz. 4 Tbsp. 1 oz. = 50% ⁸ 1 cup or 8 fl oz. 2 oz. total	 1 oz. 1 oz. 1/2 large egg ¼ cup 1 oz. 2 Tbsp. 1 oz. ½ cup or 4 fl oz. 1 oz. total

ENDNOTES

1. Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.
2. Shall be served as a beverage, or on cereal, or use part of it for each purpose.
3. Shall be served as a beverage.
4. Serve two or more kinds of vegetable(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
5. All grain/bread items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
6. Either volume (cup) or weight (ounce) whichever is less.
7. Must meet the requirements in Appendix A of the SFSP regulations.
8. No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. When determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

